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NEWS  
WORTH  
SHARING.**Kitten left for dead 'was skin and bones'**Cat recovering after being abandoned in backpack **PAGE 6****Teen recounts escape from Boko Haram**Nigerian girl, 19, one of hundreds of kidnapped **PAGE 10****So you want to film a tragedy in one of our cars?**Director on the challenges of getting Locke produced **PAGE 14****BAR-BAR-BAR  
BAR-BAR  
BAR-BECUE**TAKE A TRIP TO CALIFORNIA THIS MAY LONG WEEKEND, WITHOUT LEAVING YOUR BACKYARD **PAGE 22****IT'S ALL FAIR GAME**

People browse for fair trade products inside a yurt at Victoria Park on Sunday as part of the annual Fair Trade Bazaar. The Bazaar coincided with World Fair Trade Day on Saturday and Mother's Day Sunday.

PATRICK MCKENNA/FOR METRO

**HRM staff asks council to reject St. Pat's proposal****Halifax development.**

Report challenges NCCC's financial plan



HALEY RYAN

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Although Rev. Rhonda Britton says she's disappointed HRM staff are recommending that regional council reject a community proposal for the St. Patrick's-Alexandra school site, she adds "all hope is not lost."

The report coming to council Tuesday recommends against the North Central Community Council Association's (NCCC) proposal for a community hub, rental space for nonprofits and affordable housing, because it said there wasn't enough evidence to show the group could afford to renovate

the buildings and maintain them over the years.

But "Council can vote to reject the recommendation," said Britton, NCCC director and pastor of the Cornwallis Street Baptist Church.

"We would love to have our city council back us up on this and say, 'You know what, let's give them a chance.'

The NCCC is made up of the Richard Preston Centre for Excellence, the Mic Mac Native Friendship Centre, and the North End Community Health Centre.

Britton said their proposal included an eight-year financial projection based on potential revenues through renting office space, the gym, parking and housing units.

The group is offering to buy the property for \$3.7 million, financed through a loan from Housing Nova Scotia. The report says HRM should sell the

lot at a market price of \$5.2 million.

Although the report said the NCCC's projections were optimistic and more funds are needed, Britton said they don't need to spend as much as staff is suggesting to bring St. Pat's up to code.

Area councillor Jennifer Watts said she is hopeful regional council agrees to hit "pause" on the disposal of St. Pat's to get more information about the project's benefits like affordable home ownership and aiding densification.

"This is a model ... that I think will provide that counter-weight to gentrification," Watts said.

Last year, a judge decided HRM had incorrectly handled the sale of St. Pat's to a local developer and the process started again. The developer's appeal of that decision will be heard Wednesday.

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## 'All we are saying is bring back our girls,' people sing for 300 missing Nigerian students

More than 100 people gathered in the Grand Parade Saturday evening to show support and raise awareness about the abduction of nearly 300 Nigerian schoolgirls by the extremist militant group Boko Haram. The participants marched around the parade square singing "All we are saying is bring back our girls," to the tune of John Lennon's Give Peace a Chance. SCOTT MACINTOSH/FOR METRO

# Alleged sex assault victim's lapses in memory questioned

**Defence team for Lyle Howe.** Suggest complainant doesn't know what happened on night of alleged 2011 assault



GEORDON OMAND  
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Lapses in the memory of an alleged sexual assault victim were the target of the defence team for a Halifax-based lawyer accused of drugging and sexually assaulting a teenage woman in 2011.

Halifax lawyer Lyle Howe, 29, has pleaded not guilty to both charges, laid after an incident on March 20, 2011.

During cross-examination Friday, defence attorney Mike Taylor questioned the now-22-year-old complainant's recollection of the alleged assault, highlighting discrepancies with her ear-



The accused, Halifax lawyer Lyle Howe PATRICK MCKENNA/FOR METRO

lier testimony.

On several occasions Taylor noted variations between what the complainant was saying and testimony given both to police and during a 2012 preliminary hearing. On these occasions the complainant typically deferred to earlier statements, often replying with "I can't remember."

"You can't remember,"

Taylor echoed as the complainant repeatedly denied memory of the events surrounding the alleged assault.

"The bottom line in all of this is you really don't know what happened that night," he said eventually.

"Do you think it's fair to accuse two people of raping you if you have no recollection of what happened?" he asked, prompting the complainant to break down.

"I don't think any of this is fair," she said through sobs.

"(If) I'm standing naked in front of somebody and I don't know why he's there, it's fair. ... If I wake up and my anus hurts and my vagina hurts, yes."

The defence used text messages between the complainant and a friend to suggest she and Howe had "clicked" and that she had invited him back to her apartment the following day to "hang."

"It's easier to say that you're going to go hang out with somebody than say you're going to get a rape kit



The accused, Lyle Howe, left, speaks to defence attorney Mike Taylor during a break on the fourth day of trial last Thursday.

PATRICK MCKENNA/FOR METRO

### The complainant

The complainant has spent four days on the stand so far, something both the Crown and defence say is extremely rare. Her testimony is expected to conclude Monday.

### Jarvis Lane

#### Man charged after stabbing

Police have charged a 31-year-old man after a stabbing in Halifax early Saturday morning. Just after midnight, police were called to Jarvis Lane and found a 19-year-old man with several stab wounds to his torso. The victim was hospitalized with non-life threatening injuries. A 31-year-old man was arrested at a home on Highfield Park Drive. He is due in court Monday. METRO

### Dartmouth

#### Woman injured in attack

Police say a Dartmouth woman is in serious but stable condition at the QEII hospital in Halifax after an attack early Saturday. Halifax Regional Police responded to an assault call around 2:50 a.m. on Primrose Street. A witness told officers a woman was lying on the ground while a man kicked her repeatedly. Police found a 53-year-old woman still lying on the sidewalk, suffering from what appeared to be a serious head injury. No arrests have been made. METRO

# Open City event draws large crowds, long lines

**Experiencing Halifax in a new way.** Nearly 150 local businesses take part as hundreds of residents turn out for backyard tourism and comfort food

SCOTT MACINTOSH  
halifax@metronews.ca

The rich aromas of coffee and delicious snacks wafted through the streets of downtown Halifax, aided by swirling winds on Saturday, as a bustling crowd eagerly participated in the third annual Open City event in both Halifax and Dartmouth.

Open City gives HRM residents a chance to experience their own city in a way they may not have done before.

Approximately 145 local businesses and museums opened their doors in the event founded by Gordon Stevens of I Love Local Halifax.

Kevin Marlin stood in one of the longest lines of the day for a chance to taste the fare being offered at Chives Canadian Bistro on Barrington Street.

"We checked it out online and they seemed to have one of the best menus available,"



Lineups were steady at Chives Canadian Bistro, as they were at several food trucks and restaurants during the 3rd annual Open City event in Halifax on Saturday. SCOTT MACINTOSH/METRO

he said. "They are serving pork sliders with coleslaw, which sounds really good."

Marlin and his wife planned to check out some other venues later in the day.

"We're heading back down to Bishop's Landing because they have some live music and some extra food, and we will stop at Humanita-Tea on the way home for a gelato."

For some, the day was a chance to get away from the daily routine.

"My husband took the kids to visit his parents, so I thought it was a good chance to come out and have a little 'me' time," Nancy Shea said while standing in line at the Halifax Press Grilled Cheese food truck.

Shea said the comfort food wasn't her only motivation for taking part in this year's edition of Open City.

"I thought I might go have a look at the Art Gallery of Nova Scotia, since I haven't been there before and I don't

even have a clue what exhibit they have on display right now," she said.

Sam MacDonald of Bedford brought his family to the event for an educational experience.

"We are getting set to go the Maritime Museum of the Atlantic," he said.

"My wife and I take the kids out to museums once or twice a year, but since it's free today we figured we might as well take advantage of it," MacDonald added.

## Cogswell Interchange. Discussions to begin at regional council

The new vision proposed for the Cogswell Interchange is up for discussion at regional council this week.

On Tuesday, councillors will weigh in on the Cogswell Lands Plan, which was approved by the executive standing committee nearly two weeks ago.

Mayor Mike Savage has said the design, which proposes filling in the 16-acre area owned by HRM with new apartments, parks and bike lanes to create a new neighbourhood, "rights a wrong" from 1971 when the Cogswell Interchange was built and the peninsula cut in half.

Staff has projected about 2,500 residents could move into the area, and mixed-use developments with businesses



The Cogswell Interchange in downtown Halifax. METRO FILE

are planned to offset costs.

Road changes include re-aligning Barrington Street to go along Upper Water Street, and the rest of "old" Barrington will become a one-way street. METRO

### Crystal Crescent Beach

#### Police arrest man after alleged theft

Halifax Regional Police have arrested a man after officers witnessed a break-in in the parking lot of Crystal Crescent Beach on Friday afternoon.

The man allegedly grabbed a few items from a vehicle around 12:30 p.m. and then ran into a nearby wooded area.

A 20-year-old man will appear in Halifax provincial court Monday of theft and possession of stolen property. METRO

### No injuries

#### Man whose truck hit garage faces charges

Halifax RCMP say no one was hurt when a pickup truck crashed into a Cole Harbour home early Friday.

Police say the truck hit the garage of a house on Greenwich Drive around 1:05 a.m. An elderly woman was sleeping in the house at the time, but wasn't injured.

A 19-year-old Cole Harbour man is facing charges of impaired driving. METRO

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## Annapolis County. RCMP seize drugs and weapons in Falkland Ridge

Police have seized drugs and weapons after a search in Falkland Ridge.

A news release states members of the Annapolis RCMP Street Crime Enforcement Unit, along with members of the Annapolis Detachment and the New Minas Street Crime Enforcement Unit, carried out a search warrant at a home on Ridge Road around 7 p.m. Friday.

Police dismantled a marijuana grow-op taking up

### Three arrested

Three Annapolis County men were arrested at the scene and will appear in provincial court in July.

seven rooms of the two-storey house and seized several plants, along with 15 firearms that included two assault rifles and two sawed-off shotguns. METRO

## Investigation underway. 11-year-old Antigonish girl approached by strange man

RCMP are looking for more information on a suspicious incident in Antigonish involving an 11-year-old girl.

A release states that the girl was walking home on MacLellan Street around 6:30 p.m. Friday when a man pulled up in a car and apparently tried to reach out to her.

Police say the girl wasn't touched or injured.

The release from police states the investigation is in its very early stages, and RCMP are asking anyone with

### Description

- The car is described as a small black compact, possibly a hatchback.
- The driver is described as white, in his 30s with light brown hair and no facial hair.

information to contact the Antigonish detachment or Crime Stoppers. METRO

### Shelley Mae Barber

## Missing North River teen found: RCMP

The RCMP in Nova Scotia say they have located a missing teenage girl from Colchester County.

Shelley Mae Barber, 17, of North River was last seen

leaving for school on Thursday May 1.

Investigators believed Barber was in contact with friends through social media websites that indicated she could be in the Halifax Regional Municipality.

She was found unharmed and is safe, police say.

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# Kitten left to die saved by couple

**Truro.** Black kitten now called Dharma was 'skin and bones' at the time of her rescue, but is recovering in her new home

Looking at the little black kitten today, one wouldn't suspect that she was rescued from certain death, sealed in a backpack, just a few days ago.

Mandi Arnold was walking along the Cobequid Trail behind the Nova Scotia Community College in Truro on May 6 when the loud mewling of a cat in distress led her and her boyfriend Paul to a backpack with the zipper tied shut.

"Paul tried to untie it but couldn't. He had to cut it with a knife," said Arnold. "This little kitten came out and came right up to me."

The shivering kitten's nose and paws were bloodied and raw from her efforts to escape the backpack, and she was covered in feces and urine.

"She was ... skin and bones," said Arnold. "She just wanted to crawl up around my neck and cuddle."

Arnold took the kitten to

### Quoted

**"Dharma is very curious now and gets in every drawer I open ... She's very sweet, loving and cuddly and she loves people."**

Kitten rescuer Mandi Arnold

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<b>4</b>	Demi Lovato <b>Neon Lights</b>
<b>3</b>	Avicii <b>Hey Brother</b>
<b>2</b>	Pitbull ft GRL <b>Wild Wild Love</b>
<b>1</b>	John Legend <b>All Of Me</b>

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Mandi Arnold snuggles with Dharma after rescuing the kitten from a sealed backpack found on the Cobequid Trail May 6. Arnold has shared Dharma's story and a picture of the backpack on Facebook in hopes of finding out who trapped the kitten and then left her to die. TRURO DAILY NEWS

pack and posted the photo on Facebook along with the accompanying story.

The next morning, she and her boyfriend returned to the trail to photograph the back-

pack and posted the photo on Facebook along with the accompanying story.

After two days and more than 4,000 shares, they learned that the backpack was one that was given out to Cobequid Educational Centre students going to Europe. Blue and white was the colour of the packs for the last two years.

"Whoever left the kitten wanted her to suffer," said Ar-

nold. "They didn't give her a chance to escape. The experience made me feel very disappointed with humanity, but the response from the public healed my heart a bit."

Arnold has kept the kitten and calls her Dharma, a Sanskrit word related to following the right path in life. Anyone with information on the incident is asked to contact police or the provincial SPCA.

TRURO DAILY NEWS

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## New puppy fashion trend: Human overcoats

Cassandra Cantu shields her seven-week-old puppy Kamala from the snow as she walks with friends in the Bear Creek Dog Park in Colorado Springs, Colo., on Sunday. The snowy weather was expected to continue in the area overnight Sunday. MARK REIS/THE GAZETTE/THE ASSOCIATED PRESS

### Politics

#### Tories downplay expectations for June byelections

The federal Conservatives are keeping expectations modest for their prospects in four byelections — two in Alberta, two in Ontario — set for the end of June.

"We all know majority governments don't typically fare well in by-elections; the opposition parties do," said Cory Hann, communications director of the Conservative Party.

"And these rounds we don't expect to be any different."

The Conservatives anticipate hanging on to the two Alberta ridings, but do not expect to win more than 10 per cent of the vote in each of two Toronto-area contests, said one senior Tory insider, who spoke on condition they not be named.

"The two Ontario ridings, I think the writing's on the wall on those," said the source, who picked Justin Trudeau's Liberals to win both fights.

"If there's a race, the two horses in that race are going to be the NDP and Liberals."

THE CANADIAN PRESS

## Tighter control. Justice Department cuts \$1.2M from its research budget

The federal Justice Department has chopped \$1.2 million from its research budget, and is tightening control to ensure future legal research is better aligned with the government's law-and-order agenda.

Previous legal research in the department sometimes caught senior officials "off-guard ... and may even have run contrary to government direction," says an internal report for deputy minister William Pentney.

The reduction means the loss of eight experienced legal researchers, most of them social scientists.

The result is a diminished research capacity, which now must be better controlled from the top to ensure it supports the government policies, says the report.

"The review confirmed that there have been examples of work that was not aligned with government or departmental priorities," says the October 2013 document, obtained by The Canadian Press under the Access to Information Act.

Some past projects have "at times left the impression that research is undermining gov-

### 'Significant loss'

The budget cut on April 1 this year — described as a "significant loss of resources" — represents about 20 per cent of research spending, and arises from deficit-cutting measures first set out in the 2012 budget.

ernment decisions."

The report did not cite specific studies, but a department report last year on public confidence in the justice system appeared to be at odds with the Conservative government's agenda.

Researcher Charlotte Fraser found many Canadians lacked confidence in the courts and prison system, but suggested it was the result of misunderstanding rather than any failures in the system, and that education could rectify the problem.

Critics said the finding was contrary to the government's approach, which is to pass tougher laws and impose harsher penalties rather than to cultivate a better-informed public. THE CANADIAN PRESS

# Quebec wants to be exempt from temp-worker ban

### Province 'a bit worried'

But federal employment minister's spokesman says there are no plans to lift the moratorium

torium.

"We are a bit worried about the impact of the moratorium on our restaurants and on our small- and medium-sized businesses," he said Sunday.

"We are ready to work with the federal government to tighten the rules of the program if need be."

Weil is also planning to make the same case to Employment Minister Jason Kenney, who oversees the temporary foreign workers program, McMahon said.

A spokeswoman for Kenney said there are no immediate plans to lift the ban, in Quebec or anywhere else.

"Abuse of the temporary foreign worker program will not be tolerated," Alexandra

### Background

Ottawa announced the moratorium last month, after a string of reports alleging the program was being misused by the restaurant industry.

- The moratorium has been widely criticized by industry groups. Quebec's restaurant association called it "exaggerated and unreasonable."

Fortier said in an email.

"Allegations of misuse will continue to be investigated and any employer found to have violated the rules will face serious consequences." THE CANADIAN PRESS

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# Insurgents say Ukraine region votes overwhelmingly for sovereignty

**Two referendums.**  
Results could hasten country's breakup

Ninety per cent of voters in a key industrial region in eastern Ukraine came out in favour of sovereignty Sunday, pro-Russian insurgents said in announcing preliminary results of a twin referendum that is certain to deepen the turmoil in the country.

Roman Lyagin, election chief of the self-styled Donetsk People's Republic, said around 75 per cent of the Donetsk region's three million or so eligible voters cast ballots, and the vast majority backed self-rule.

With no international election monitors in place, it was all but impossible to verify the insurgents' claims.

The preliminary vote

count was announced just two hours after the polls closed in an election conducted via paper ballots.

A second referendum organized by pro-Russian separatists was held Sunday in eastern Ukraine's industrial Luhansk region, but no immediate results were released.

Ukraine's central government and the West had condemned the balloting as a sham and a violation of international law, and they have accused Moscow of orchestrating the unrest in a possible attempt to grab another piece of the country weeks after the annexation of Crimea.

The results of the two referendums could hasten the breakup of the country and worsen what is already the gravest crisis between the West and Russia since the end of the Cold War.

THE ASSOCIATED PRESS



Ukrainians living in Russia queue to get their referendum ballot papers and vote in Moscow on Sunday. Residents of two restive regions in eastern Ukraine cast ballots Sunday in referendums that seek approval for declaring sovereign people's republics in the Donetsk and Luhansk regions. THE ASSOCIATED PRESS

**Bloodshed**

## Shooting in east Ukraine

Armed men identified as Ukrainian national guard opened fire Sunday on a crowd outside a town hall in eastern Ukraine, and an official for the region's insurgents said there were an unspecified number of deaths. The bloodshed in the town of Krasnoarmeisk occurred hours after dozens of armed men shut down voting in a referendum on sovereignty for the region. One of them identified the group as being national guardsmen. An Associated Press photographer who witnessed the shooting said two people were seen lying unmoving on the ground.

THE ASSOCIATED PRESS

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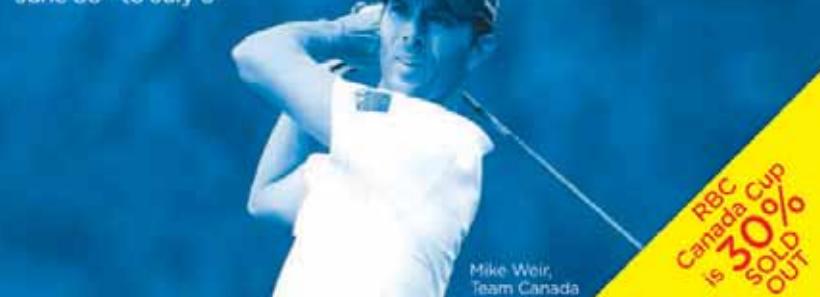
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Brett Crawford, left, and Mike Thom cut up the carcass of a blue whale in Woody Point, N.L., on Sunday, May 11.

PAUL DALY/THE CANADIAN PRESS

# Blue whale racks up large price tag

**Trout River.** The man leading the Royal Ontario Museum's effort to dismantle the large mammal says the job is getting expensive

Newfoundlanders who want to keep at least one of two giant blue whales that washed ashore on the west coast of the island may get their wish.

The man leading the Royal Ontario Museum's effort to dismember and transport those remains to Toronto says he must review plans to handle both carcasses.

"My commitment when I came in was to do at least one whale and my hope is to do both of them," Mark Engstrom, deputy director of collections and research for the museum, said during a break from the smelly job.

"We're doing the Trout River whale and then I have to reassess my budget and see where I am in terms of whether or not I can actually do the Rocky Harbour whale," he said.

Those extra costs include towing the first carcass from Trout River to adjacent Woody Point where it could more easily be worked on, Engstrom said. The second body is still resting in shallow water near the Rocky Harbour fish plant in



The Royal Ontario Museum's experts have made progress carving and dismantling the dead blue whale. KATE ALLEN/TORSTAR NEWS SERVICE



The skeleton can eventually become part of an exhibit at the museum. KATE ALLEN/TORSTAR NEWS SERVICE

Gros Morne National Park.

They are among nine rare and endangered whales that became trapped in pack ice earlier this spring.

Rocky Harbour Mayor Walter Nicolle had expressed relief when the museum offered to add the whales to its collection and make scientific data available to global researchers.

Engstrom declined to discuss the budget. But he said in an earlier interview that the museum's expenses would reach tens of thousands of dollars and he hoped they wouldn't exceed \$100,000.

Local businesswoman Jenny Parsons is part of the new Trout River Blue Whale Committee hoping to establish its own exhibit. The idea that both whales would go to Ontario was seen by many as a lost opportunity. But as the federal government passed responsibility to the province and provincial officials stayed quiet, the museum stepped in.

The big question is who would pay to take responsibility for the second whale. Parsons' group wants to start raising funds and resources.

THE CANADIAN PRESS

## B.C.

### Highway of Tears progress delayed

Mayors and other leaders say the province has yet to contact them about what needs to happen to protect women along a stretch of highway in northern British Columbia known as the Highway of Tears.

What emerges is a picture of slow progress that appears to contradict the province's claims that it has been holding meetings about the issue with local governments.

THE CANADIAN PRESS

### Kootenay region

### Woman killed in canoe accident

A 19-year-old woman is dead and three male youths are missing after a canoe overturned in a lake in B.C.'s West Kootenay region.

RCMP Sgt. Darryl Little says emergency crews were called to Slocan Lake Saturday, where they found the woman and rushed her to hospital. THE CANADIAN PRESS

## Zebra mussels. Manitoba to combat invasive species

They are small clam-like creatures that seem to spread in the blink of an eye and squeeze the life out of the rivers and lakes they inhabit.

This summer, those who grapple with zebra mussels will watch Manitoba, where officials are using a unique experiment to stop an invasion.

Once the ice recedes on Lake Winnipeg, a silk curtain will be lowered to the lake floor to seal four infested harbours.

Liquid potash will then be pumped into the water until it

reaches a lethal concentration for the mussels.

The technique has been tried in a closed quarry, but it is believed this is the first time it will be used in open water.

The potash plan will cost \$500,000, but many say it could save millions down the road if it works.

Those who depend on the lake for their livelihoods are concerned about the experiment and the impact it could have on the short fishing season. THE CANADIAN PRESS



A group of zebra mussels, taken from Lake Erie, are seen in this undated photo. U.S. DEPARTMENT OF AGRICULTURE/THE ASSOCIATED PRESS/THE CANADIAN PRESS

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# Justice reforms ending tough-on-crime era?

John Witherow tried robbing a jewelry store — and walked away with a treasure trove of insights into the American justice system.

His star-crossed participation in a stickup attempt in Reno, Nev., earned him 26 years in prison in an era of drastic change in U.S. justice policy, from the rise of the tough-on-crime approach to its more recent fall from favour.

Witherow shared his story during a conference in Washington, where there is bipartisan momentum behind a number of justice reforms designed to reduce prison costs and increase rehabilitation of inmates.

His initial plan, back then, was to tie down a jewelry store owner while one of his accomplices brandished a sawed-off shotgun. As it turned out, the store owner had a gun, too, and the plan went off the rails. Because of his seven prior convictions, mainly for robberies, Witherow received an especially long sentence for attempted robbery with use of a weapon.

This was in 1984.

When he arrived in the Nevada prison system, he recalls, prisoners were able to get out early for good behaviour, and some of his fellow



**"People are finding out that tough-on-crime does not work," says former inmate John Witherow.** JOHANNES SIMON/GETTY IMAGES

inmates were getting college degrees.

Witherow himself managed to turn his life around when he got paralegal training. But he says things changed pretty quickly.

"It was just the start of the maybe-we-should-get-tough-on-crime era," said Witherow.

The prisons filled. Sentences grew longer, education programs were chopped.

Witherow said things started changing in the early 2000s, as Americans became concerned about the financial burden. Those concerns accelerated, he said, after the financial crisis and recession.

A study released last week says states' combined prison costs have increased 400 per cent since the 1970s. About 40 states have now relaxed at least some of their drug laws, and imprisonment levels have dropped in the U.S. for the first time in over a generation.

Witherow is 64 years old now, and he's feeling hopeful.

"I am optimistic that there is a pushback now," he says.

He offers a message to Canadians when told about the mandatory minimum sentences being added to the Criminal Code: "Don't fall into the trap of tough-on-crime."

THE CANADIAN PRESS



**Catholic nuns attend a mass given in honour of the kidnapped Chibok schoolgirls, in Abuja, Nigeria, Sunday. Failure to rescue the girls, captive for nearly four weeks, has attracted mounting international outrage.** SUNDAY ALAMBA/THE ASSOCIATED PRESS

# 'Too terrifying for words': Teen who fled captors

## Nigerian schoolgirls.

Pope tweets call for prayer with #BringBackOurGirls

for the immediate release of the schoolgirls kidnapped in Nigeria," the Roman Catholic leader tweeted, using the trending #BringBackOurGirls.

Lawan said that more of the girls could have escaped, but that they were frightened by their captors' threats to shoot them. She spoke in the local Hausa language in a phone interview from Chibok, her home and the site of the mass abduction in northeast Nigeria.

The failure to rescue those who remain captive four weeks later has attracted mounting outrage. Last week, Nigeria was forced to accept international help in the search, after ignoring offers for weeks.

More experts are expected in Nigeria to help rescue the girls, including U.S. hostage negotiators and others from Britain, France, China and Spain.

"I am pained that my other colleagues could not summon the courage to run away with me," Lawan said. "Now I cry each time I come across their parents and see how they weep when they see me."

Police say 53 students have escaped. THE ASSOCIATED PRESS

## International outrage

### Gov't refused help for weeks

The president of Nigeria for weeks refused international help to search for more than 300 girls abducted from a school by Islamic extremists, one in a series of missteps that have led to growing international outrage against the government.

The U.K. first said it was ready to help the day after the mass abduction on April 15, according to the British Foreign Office. And the U.S. has said it offered help and was in touch with Nigeria "from Day 1" of the crisis, according to Secretary of State John Kerry.

Yet it was only on Tuesday and Wednesday, almost a month later, that President Goodluck Jonathan accepted help from the U.S., Britain, France and China.

## Human trafficking. Red tape allowed diplomats to flee, police say

Ottawa police say bureaucracy was a contributing factor to a diplomat couple fleeing Canada once the pair found out they were going to be charged with forcing a Filipino woman into "modern-day slavery."

Police made the investigation public Friday in a news release, saying a diplomat at the Embassy of the Philippines and her husband allegedly exploited their 26-year-old nanny for financial and material benefit. The woman came to Canada legally, spoke very little English, and worked for the diplomats from July 2009 to December 2013.

However, DFATD informed police on May 5 that the couple had surrendered their identification cards to the department and returned to the Philippines.

Bueneflor Cruz, 44, and Robert Cruz, 45, are now wanted on Canada-wide arrest warrants. They were jointly charged with trafficking a person by exercising control, receiving material or financial benefit in the commission of trafficking, and withholding or destroying identification documents for the purpose of facilitating an offence. JOE LOFARO/METRO IN OTTAWA

**Quoted**  
*I am really scared to go back there, but I have no option if I am asked to go because I need to finish my final year exams.*

Sarah Lawan, who escaped from Boko Haram extremists, on returning to school

## Nanaimo shooting

### Hundreds attend memorial services

Two men who died in a shooting at a Vancouver Island sawmill last month were remembered in separate memorials on Saturday as people who loved life.

Friends and family remembered 53-year-old Fred McEachern as a "genuine guy" who wanted to be a participant rather than an observer in life.

McEachern and 61-year-old Michael Lunn died when a lone gunman entered the Western Forest Products sawmill in Nanaimo and started firing. Two other employees were wounded.

Later in the day, hundreds at another ceremony gathered to remember Lunn. A sea of people wearing red shirts — an homage to Lunn, who wore his favourite colour red every day to work — left only standing room at the church.

THE CANADIAN PRESS



## Vietnam vets honoured four decades later

The name of U.S. army Spc. Alan Leslie Seamans, of Grafton County, N.H., appears on the wall of the Vietnam Veterans Memorial in Washington. A ceremony Sunday marked the addition of 14 new names to the memorial, bringing the total to 58,300. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

## Transgender personnel. U.S. military should review its ban: Hagel

The prohibition on transgender individuals serving in the U.S. military "continually should be reviewed," Defence Secretary Chuck Hagel said on Sunday.

Hagel did not indicate whether he believes the policy should be overturned. However, he said "every qualified American who wants to serve our country should have an opportunity if they fit the qualifications and can do it."

A transgender individual is someone who has acquired the physical characteristics of the opposite sex or presents themselves in a way that does not correspond with their sex at birth.

A panel convened by a think-tank at San Francisco State University recently estimated that about 15,450 transgender personnel serve in the military and in the National Guard and Reserve.

In 2010, Congress passed legislation allowing gays and lesbians to serve openly. Hagel said the issue of transgender people serving in the military is more complicated. He said "these issues require medical attention" that at times cannot be provided in

### Serving with pride

**"Many of our allies, including the U.K., Australia and Israel, allow transgender people to serve with pride and honour in their armed forces. It's time for the U.S. to join them."**

Allyson Robinson, policy director of SPART\*A, an advocacy group made up of LGBT people who now serve, or once served, in the military

austere locations.

The National Center for Transgender Equality said it welcomed Hagel's comments, which were made on ABC television's This Week. The organization's executive director, Mara Keisling, said the regulations that disqualify transgender recruits and service members are based on outdated prejudices and stereotypes.

A military review of transgender issues could occur as it also deals with questions about how to treat transgender prisoners.

THE ASSOCIATED PRESS

### Colombia

## Former leader summoned over allegations

The office of Colombia's top prosecutor jumped into a presidential feud between a past and current president on Sunday, summoning Alvaro Uribe to substantiate suggestions that drug money went into the campaign of current President Juan Manuel Santos.

THE ASSOCIATED PRESS

### Jamaica

## Heavy security ordered in capital after protests

Authorities ordered a heavy security presence in a section of Jamaica's capital Sunday after residents put up roadblocks to protest the killing of two men by police.

The Jamaica Constabulary Force said the men were killed late Saturday when they engaged officers in a shootout. One pistol and three rounds of ammunition were seized after the gun battle, police said.

THE ASSOCIATED PRESS

# Monument set to reopen after nearly 3 years

**Restoration.** Memorial honouring George Washington closed since 2011 earthquake caused severe damage

More than 150 cracks have been repaired, rainwater leaks have been sealed, and the 130-year-old Washington Monument is set to reopen Monday for the first time in nearly three years since an earthquake caused extensive damage.

The memorial honouring George Washington was closed about 33 months for engineers to conduct an extensive analysis and to restore the 555-foot-high stone obelisk, once the world's tallest structure.



The Washington Monument prior to the reopening.  
MOLLY RILEY/THE ASSOCIATED PRESS

The monument's white marble and mortar were cracked and shaken loose dur-

ing an unusual 5.8-magnitude earthquake in August 2011 that sent some of the worst vibrations to the top. Debris fell inside and outside the monument, and visitors scrambled to evacuate. Later, engineers evaluated the damage by rappelling from the top, dangling from ropes.

Now new exhibits have been installed, and visitors can once again ride an elevator to look out from the highest point in the nation's capital.

The full restoration cost \$15 million US. Businessman and philanthropist David Rubenstein contributed \$7.5 million US to pay half the cost and expedite the repairs.

The monument normally draws about 700,000 visitors annually. THE ASSOCIATED PRESS

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# Should you buy into the Alibaba IPO hype?



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

Is it time to start saving your pennies for a run at Chinese Internet monolith Alibaba when it comes to a stock exchange near you? Perhaps.

First of all, it's going to be a humdinger of an Initial Public Offering (IPO). When Alibaba Group Holding Ltd. shares are listed sometime this year on either the New York Stock Exchange or NASDAQ, the company could have a market

value anywhere from \$175 to \$250 billion US. That will make it one of the largest companies on the planet; perhaps it will even crack the Top 10.

Quick guess. What is the largest company in the world? Apple Inc., Wal-Mart Stores Inc., Exxon Mobil Corp.? Nope. According to Forbes Magazine, top spot goes to Industrial & Commercial Bank of China Ltd. (ICBC), a Chinese bank, with assets of \$3.1 trillion.

But if you rank companies by market capitalization, i.e. the value of shares outstanding, Apple wins at \$483 billion, followed by Exxon Mobil, Google Inc. and Microsoft Corp.

Back to Alibaba. As is the case with most IPOs, there will probably be an investor honeymoon throughout what is called the lock-up period. It usually lasts from 90 to 180 days after the IPO launch during which insiders, such as owners or founders, cannot sell their shares.

When a lock-up period expires, listed companies often

sag. Remember Facebook, Inc.? It had a number of lock-up periods, which isn't typical for IPOs. When the first one expired, the shares plummeted to just under \$20, a loss of about 50 per cent.

However, Alibaba is a very different company than Facebook. Unlike the social media networking giant, it is vastly diversified as the largest e-commerce company in China. Part virtual shopping mall and part Internet payment service with a dash of B2B and B2C (business-to-business and business-to-consumer) marketplace, Alibaba has its fingers in everything to do with online consumption in the world's most populous country.

And, as Business Week staffer Drake Bennett recently put it, "China, it seems, has only begun to shop."

Nonetheless, technology IPOs are notoriously risky. If you do manage to get your hands on some shares early on, watch the stock price carefully and consider selling half before the lock-up period expires.



## Through the unintentional looking glass

The new Shangri-La hotel in the Shard — a famous skyscraper in London, U.K. (pictured) — offers rooms with a view, but it isn't always what guests expect. A design quirk means glass panels protruding from the building can act as mirrors once internal lights are switched on at night, so in some rooms it's possible to get a glimpse of neighbouring guests. Blinds are available for privacy. GETTY IMAGES

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### London's billionaires

#### U.K.'s capital city now the capital city for billionaires

A new study finds that London has become the capital of the world's wealthiest, with more billionaires than any other city.

The Sunday Times says London has 72 residents whose fortunes exceed \$1.6 billion US. THE ASSOCIATED PRESS

### Sorry, not sorry?

#### Nintendo sorry, but still won't add gay avatars

Nintendo is apologizing and pledging to be more inclusive after being criticized for not recognizing same-sex relationships in English editions of a life-simulator video game. But it said it was too late to change the game. THE ASSOCIATED PRESS

### Del Bosco's out

#### Baird calls for new VIA Rail CEO, gets his wish

VIA Rail has named a new chief executive officer a little more than a week after Foreign Affairs Minister John Baird called for new leadership at the Crown corporation. Yves Desjardins-Siciliano replaces Steve Del Bosco. THE CANADIAN PRESS

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# WHEN PUBLICATION BANS MISS THE POINT

I can't tell you her name. You know it already. She's the teenaged girl who committed suicide after an alleged sexual assault at a house party was photographed and posted online, triggering months of cyberbullying, but no criminal charges against those allegedly responsible.

She is the girl whose bereaved parents went public with her story shortly after her death.

She is the girl whose story galvanized the broader worldwide online community into demanding justice — sometimes vigilante justice — forcing police to reopen a closed investigation and ultimately lay child pornography charges against two boys, whose upcoming trial is now the reason I can't mention her name.

She is the girl whose death prompted politicians to hastily enact more appropriate new laws on cyberbullying and dissemination of intimate images, one of which is often referred as The Name I Cannot Now Write's law.

She is the girl whose name may soon be transformed into a



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

Marvel comic character to teach young people about the dangers of bullying.

She is the girl whose name was invoked just three weeks ago when more than 150 people marched through Cole Harbour to remember her death.

When I type her name into Google Search, I get 282,000 hits in less than a quarter of a second.

And yet, under Section 486 of the Criminal Code, I can no longer identify her because she is an alleged victim in a child pornography case, and publication bans in such cases are automatic.

Media lawyers, with the support of her parents, will be in court this week seeking to overturn the ban.

There is a common-sense logic to lifting the ban in this particular case. And there will undoubtedly be other cases in our Facebook-sharing, Twitter-hashtag-linking, social-media-connecting world where publication bans fly in the face what everyone already knows anyway.

## Hiding what's in plain sight

There is a common-sense logic to lifting the ban in this particular case. And there will undoubtedly be other cases in our Facebook-sharing, Twitter-hashtag-linking, social-media-connecting world where publication bans fly in the face what everyone already knows anyway.

That said, those cases should be the exception rather than the rule. The legitimate purpose of the law is to protect the privacy of innocent children victimized by child pornography.

If the world had unfolded differently, if the police had laid charges after investigating the girl's initial complaint, our conversation would probably be very different today.

It's sad we can longer have that conversation. It's sad all of us already know her name.

## ZOOM

### She said yes! (To prom)



High school student Michael Ramirez, right, and Houston Texans cheerleader Caitlyn pose for pictures outside a restaurant before attending the prom Saturday. PAT SULLIVAN/THE ASSOCIATED PRESS

#### High schooler scores date with dream girl

Mike Ramirez is a high school student who works part-time at McDonald's. Caitlyn is an NFL cheerleader for the Houston Texans.

An unlikely pairing, perhaps, but the two became a prom couple, and all it took was 10,000 retweets, for "Big Mike," as he's been known to his friends since his sophomore year at Crosby High School in suburban Houston.

THE ASSOCIATED PRESS

#### Big Mike + Caitlyn = 10,000 retweets

It all started during third period, when Caitlyn added Ramirez on a "Twitter following spree."

Ramirez sent Caitlyn a message. "If I get 10,000 retweets will you go to prom with me [insert smileyface.] you will get asked in a cute way!"

"Of course I will," responded Caitlyn, who, according to Texans' policy isn't allowed to give her last name.

"Alrighttt!" Ramirez exclaimed.

THE ASSOCIATED PRESS

#### Romantic details

- The two met at an upscale Latin American restaurant for dinner.
- Ramirez arrived with his mom and eight friends. Then Caitlyn arrived in a limo. They exchanged a corsage and boutonniere.
- Journalists surrounded the limo when it arrived. When asked if there would be a second date, Ramirez indicated that he was hopeful for one — or even a wedding.

## METRO AUGMENTED REALITY

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## MetroTube

### Not all whale stories end in explosions and bits and pieces



**ANDREW FIFIELD**  
metronews.ca

You only need cast your eyes to the blue whales that washed up on the shores of Newfoundland to learn that it's been a tough few weeks for threatened whale populations.

But at least there's a glimmer of good cetacean news from the southern hemisphere, courtesy of New Zealand skipper Joe Brogan who leaped into the ocean to free a baby humpback that had become entangled in trap lines. Don't dwell too much on the fact a whale was entangled in netting to begin with. (Via Joe Brogan/YouTube)



ISTOCK PHOTO

# Locke took director on an unconventional ride

**Making the ordinary mesmerizing.** Directing *Locke* was just the kind of challenge Steven Knight was looking for

 **NED EHBRAR**  
Metro World News in Hollywood

Prolific British writer and director Steven Knight wanted to do something unconventional when he came up with the idea of *Locke*, a film about an ordinary man (Tom Hardy) driving across England while dealing with personal and professional crises via speakerphone. What's unique is that the entire story is told from within the car, seemingly in real time. It was an idea so unique, Knight found, that some car companies didn't want any part of it.

**Where did the idea to do such a contained setting for a film come from?**

I'd just finished making a conventional film, and a couple of things had happened. One was that I'd noticed how beautiful and hypnotic urban environments at night shot from inside moving vehicles are. You get this moving light show, which I found quite beautiful. At the same time I was trying to take film-making back to the very basics of what the job is, which is to get a load of people into a room, turn off the lights, and have them engage with a screen. How many other ways are there of doing that? To make life



Actor Tom Hardy and director Steven Knight attend the *Locke* Premiere during the 70th Venice International Film Festival at the Sala Darsena in Venice, Italy, in September, 2013. GARETH CATTERMOLE/GETTY IMAGES

more difficult for myself, I wanted to make the main character the most ordinary person in the world — he's married, he's got two kids, he works in construction with concrete. There is nothing about him that would make the papers. This is a very ordinary tragedy, and I just wondered if audiences would go with it.

**And how did you go about getting Tom Hardy involved?**

He was quite keen to play a straight role because he's always larger-than-life monsters or villains or

whatever. This is probably his first straight role as an actor. It was Tom who brought the Welsh accent into it because he's got a friend who's Welsh, and he said, "He's a very ordinary, straight person so I'll do that voice." The character was always going to be concrete, he was always going to be ordinary, and then Tom invested that with the thing that he brings to every role.

**So how did you like the BMW?**

It was fine, but originally we were going for a Land

Rover, and they didn't want to do it. Because it's such a weird concept and weird idea, I think people just thought we were mad. And so we went to BMW. A lot of people have asked, "So did you get some sort of great deal from BMW?" But we didn't. They just said, "You can have two vehicles for 10 days, and then give them back to us at the end." That was it. Retrospectively, I wish I had made more of it.

**The car comes off very well in the film.**

I know! It never breaks down or anything (laughs).

## DC's Constantine gets a spot on the small screen

The DC Comics character John Constantine will be among the new faces on the network this fall.

Played by Keanu Reeves on the big screen in 2005, John Constantine is the anti-hero of the Hellblazer comics, which were first introduced in the 1980s. Mysterious and sarcastic, the former con man becomes a paranormal detective with the goal of protecting humanity

from evil. In the DC Comics version, John Constantine takes on superpowers through his knowledge of black magic and the occult.

The TV version will be headed up by Daniel Cerone, a writer and producer on *The Mentalist*, and David S. Goyer, who is somewhat of a specialist when it comes to adapting comics for the screen. In particular, Goyer penned screenplays for *Blade*,

*The Crow*, *Ghost Rider*, Christopher Nolan's *Batman* trilogy and *Man of Steel*. He is currently working on stories and screenplays for the sequel to *Man of Steel* (tentatively titled *Batman vs. Superman*) and for *Justice League*.

In the new NBC series, Constantine will be played by Welsh actor Matt Ryan. Former *Lost* star Harold Perrineau will play his guardian angel. **AFP**



Matt Ryan will play John Constantine this fall on NBC. **CONTRIBUTED**

Ebooks



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Like a ghost in the past drawn to the voices of the living, this exploration of post-war Vancouver offers 44 historically researched eavesdropping tales of immigrants, newlyweds, war vets, and politicians discussing anxieties and corruptions similar to today. Although glitchy at times, the vintage music and the way you can snoop through people's belongings help make the time travel feel atmospheric.

Television

## Lost creators fess up to a few flops

Lost creators Damon Lindelof and Carlton Cuse have admitted what fans and haters have said all along: much of the mostly gripping TV show really wasn't any good.

The mysterious drama had several strong seasons but petered out and lost many fans as it stumbled to its love-it-or-hate-it finale.

"We did 121 hours of *Lost*. Arguably only 15 to 20 of them were subpar, bordering on turds," Lindelof tells *Esquire* magazine.

**THE ASSOCIATED PRESS**



Courtney Love ALL PHOTOS GETTY IMAGES

## Brand was a wee bit too stinky for Love

Courtney Love says that she might have warmed to Russell Brand's advances if it weren't for his odour. "My favourite Russell Brand line was when we first were friends and he tried to hit on me and nothing ever happened," Love tells British talk-show host Alan Carr. "He goes, 'I've had a lot of grand conversations, darling, but none of them ever ended in an orgasm. Can we go to your room?' He's got some good lines."

Apparently not good

enough to overcome the smell, however. "I said to Russell, 'You're too musky for me, man,'" she says. "He is a little musky. We did yoga together and the musk was there."

The former Hole singer isn't the biggest fan of Brand's ex-wife Katy Perry, either, though she tries to play nice. "Katy Perry bores the s— out of me," Love reportedly told a crowd during a show in New York last fall. "She's a nice girl, but she just really bores me."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

#### *Michael and Sarah have a ball at the Met Gala*



STARGAZING  
Melanie Arpe  
scene@metronews.ca

Michael Sheen and Sarah Silverman are photographed walking the Met Gala red carpet together. Now they just have to do the required Couples' Trip to the Grocery Store and the relationship will be official.

Cressida Bonas is on "compassionate leave" from work after her break-up from Prince Harry. Back in my day we just took two Valium and sucked it up.



This week in feuds: 1) Mike Epps calls comedian Kevin Hart "overrated." 2) George Clooney attacks Steve Wynn in an open letter. 3) Seth Rogen has had enough of Justin Bieber and calls him a "piece of bleep." 4) Back in my day we just ... no, we pretty much just talked about our enemies to the press, too.



Ellen Page

## Singer allegations are 'super, super disturbing': Page

While Bryan Singer has kept quiet in the wake of his numerous sexual abuse allegations and mounting civil suits, at least one of his X-Men: Days of Future Past stars is addressing the issue.

Ellen Page finds the allegations "super, super disturbing" in an interview with the Hollywood Reporter. "I guess the truth will

come out in the way that it does, but it's hard to hear about someone being in that situation, someone you like working with," she says, adding that whether or not the allegations against Singer are true, "I do think that there's a systematic issue of people in places of power manipulating and abusing young people."

An advertisement for Second Cup's Summer Drink Festival. It features a large cup of Frrrozen Hot Chocolate topped with whipped cream and chocolate shavings. The text reads: "SECOND CUP SUMMER DRINK FESTIVAL 2014 featuring FRRROZEN HOT CHOCOLATE". The Second Cup logo is at the bottom right.

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# Don't get laid up by disability plan

**Sicker shock.** Read fine print and tailor coverage to avoid being caught out



GAIL

VAZ-OXLADE

Gail blogs daily at gailvazoxlade.com

Imagine the horror of being diagnosed with a progressively debilitating disease. Imagine the relief of knowing that while you have to stop working, you have a group disability plan that will help to make ends meet. Imagine your disbelief when your claim is declined by the insurance company because you just aren't disabled enough in their eyes. It happened to a girlfriend of mine and it could happen to you.

If you want to avoid a nasty surprise when you can least afford it financially and emotionally, take these questions to your benefits administrator at work and make sure you understand the answers you're given.

**What's the policy's definition of "disabled" and how long will benefits be paid?** If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find? Will partial benefits be paid if you can only work for a few hours a day? A weak definition of disabled can be one of the biggest holes in a plan.

Carol had a disability plan that covered her for her "own occupation" for two years, after which it reverted to "any occupation," which is pretty typical of a group plan. The only way Carol could continue to collect after two years is if she were unable



**Don't wait until you get a diagnosis to find out the benefits you need aren't covered by your disability insurance.** iSTOCK

to do any work at all. If the insurance company deemed she could be a parking lot attendant, they wouldn't pay.

#### **How much am I covered for, and how will it be taxed?**

Most group policies cover employees for a certain percentage of their salaries — often 60 to 75 per cent. Some also have a cumulative maximum. But many people have no idea how much they're covered for or even if their disability income will be taxed. Many group policies paid for by an employer generate income that is not taxed. If you pay the premiums directly from your after-tax income, or if your premium is a taxable benefit, then the money you receive on a claim is tax-free.

If you find that the income you receive from your disability coverage is taxed, the next question is this: Will the money be enough once tax is taken?

#### **Does my policy have a residual disability feature?**

In the case of a slow recovery or deterioration because of a progressive disease, this feature becomes very important. Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled." Since most group plans have limited benefits for residual disabilities, the seams of your safety net may not be as strong as you think they are.

#### **What are the exclusions on my policy?**

An exclusion is something you aren't covered for. Typical exclusions include travel outside Canada, pre-existing conditions, mental, nervous disclosure, and alcoholism. The list can be wide and varied. If your malady falls within the list, you've got a hole in your safety net.

People often don't carry

individual disability insurance because they believe their group coverage is fine. Smart people who want to make sure that they are well-protected don't rely on the off-the-shelf version. They look to an individual policy to supplement it. Carol bought low-cost private coverage that would kick in after the first two years of her group coverage expired. This group offset insurance is cheap because the wait period (the time before benefits are paid) is so long.

The other important issue in favour of an individual policy is that you may not always have your group plan. A change in jobs, the decision to stay home to raise a family, or self-employment could all leave you with no coverage.

#### **It's complicated**

Buying disability coverage is complicated. Not only are there rigorous health criteria, you must also show proof of in-

#### **What to look for**

When shopping for an individual plan, look for:

- A policy that is non-cancellable and guaranteed renewable so that the contract cannot be changed or cancelled when you may not qualify for another plan.
- An inflation or cost-of-living rider, which is a good way to increase your monthly benefits. While this can be expensive, you must consider it in the context of the impact of inflation on your purchasing power.
- A future insurability rider, which will allow you to increase your benefits without additional health questions. If you anticipate significant increases in your future income, make sure you have this feature.

come relative to the coverage you're applying for. That often excludes new entrepreneurs from coverage at least until they have a two-year earnings history. And as you get older, not only does new coverage get more expensive, it becomes more difficult to qualify.

You need the help of a qualified insurance advisor when you go shopping for disability insurance. With so many sizes and styles out there, it's very easy to buy one that looks good on the hanger but just doesn't fit. Using a generalist may get you in trouble. The good fit comes with a fine tailor who can customize a disability plan just for you.

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Did you know 72% of pain sufferers regularly have trouble sleeping?\*



\*Source: Data on file. Johnson & Johnson Inc.  
Analgesics Equity/U&A Research, 2010

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'Round the world wisdom

## Add some levity to your daily load



LESSONS FROM THE DESERT  
Stéfan Danis  
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Taking on a difficult project

### A celebration in the sand

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

will bring its share of ups and downs. To get to the finish line fastest, it is imperative to rapidly bounce back from the downs to minimize loss of momentum. And although it is counterintuitive, sometimes we need to increase our burden in order to lighten up.

As I prepared to race the Gobi March, I became obsessed with what I would

carry with me. In these events, runners must carry between 20-25 pounds on their backs: food, clothing, and sleeping gear, and a medical kit to meet safety standards. The bulk of the weight is "fuel," the food that must deliver each runner in excess of 2,000 calories per day. In the Gobi, I probably spent 50 hours thinking about which foods would go into my pack. My final choices were calculated to extract the highest energy output for the lowest possible weight.

As I would discover, maximizing output is more than just a numbers game. Running the Gobi taught me how indulging in small luxuries can lead to a better end result. This lesson came into play in my subsequent races in the Atacama and Sahara, where my small indulgences would get me through the rough

parts.

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party. My friend Louie packed his cherished homemade salamis, adding four pounds. An Italian team carried full dinnerware and a tablecloth to cement their own celebration.

It is best practice to smoke cigars and drink champagne after running a marathon, knowing these items add 25 per cent more weight to your backpack! Of course not! However, if you are looking to bounce back after a tough day, then having tactics to fill yourself up with joy may in fact help you spring forward.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



Grant yourself permission to be rewarded on your way to reaching a goal.  
ISTOCK

# From moccasins and meadows to a high-heeled, haute couture career

### A model upbringing?

North of Normal chronicles an unconventional childhood in the Canadian wilderness and its impact on a future in fashion

Cea Sunrise Person graced magazines, catalogues, print ads and TV commercials for nearly two decades as an international model — a stark contrast to childhood years spent living in the Canadian wilderness.

In her memoir, North of Normal, Person chronicles her unconventional upbringing with her pot-growing, free-loving family dwelling in a teepee and living off the land. The book also reveals the challenges of life with her late mother Michelle as the duo left the family behind and Michelle pursued a string of topsy-turvy relationships.

The Vancouver-based author writes of her anti-establishment grandfather known as Papa Dick who decided to relocate the free-spirited family of hippies from California to Canada.

Eighteen months after Person's birth to her teen mom

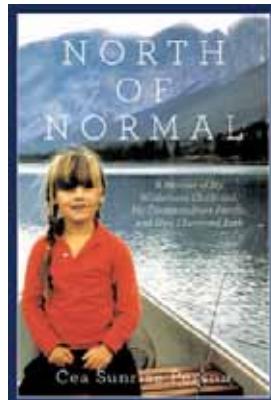
in 1969, her family relocated to a remote piece of land near a First Nations reserve in northern Alberta. Until the age of five, Person and her mother lived with Papa Dick, her grandmother and aunts in Kootenay Plains and Morley, Alta., hunting and gathering their food and creating a stove dubbed the Guzzler fashioned out of an old barrel.

"I had dresses made from hides ... my grandmother would sew my moccasins from leather she'd tanned herself," recalled Person in an interview, noting that the rest of her clothing came from Salvation Army when her grandfather made occasional trips into town.

Person, 44, recalled an "amazing feeling of freedom" as a self-described nature child galloping in the meadow and fields. But exposure to more adult activities as a youngster also left lingering memories for Person which she candidly shares in her memoir.

"I felt so alone in my experiences because how can you tell your friend when you're 10 years old you've seen and heard sex happen in front of you 100 times?.. Or that your mom smokes pot every day or that your mom's boyfriend does mushrooms?"

"Putting it out there made me feel a lot less alone. And it made me feel like I hope that I can connect with some people



out there who may have had the same experiences."

Despite seeing the writing experience as cathartic, she admits it was hard to write about her early teen years prior to starting modelling when she felt "udderless."

"I wasn't the wilderness child anymore. I was terrified of my future because I didn't want to end up like my family. I didn't know what my escape route would be, but I desperately wanted a different life and I didn't know what it was going to be like."

Modelling helped to serve as an anchor, as Person worked full-time in the industry from age 13 to 30. While Person said she enjoyed the chance to travel to amazing locales, her memoir also illustrates the

### Resilience on the runway

"Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."

Cea Sunrise Person  
Author of North of Normal

not-so-glamorous side of the business, like living in grungy apartments or seeing other girls battling bulimia.

Person credits her wilder-

ness smarts and a resourcefulness and resilience built from childhood in being able to emerge relatively unscathed.

"It was a healthy escape for me. Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."

While she often felt like an outsider growing up and found difficulty forging friendships, Person was able to form those connections with other models, many of whom she remains close with today.

"The thing with modeling is it seems to attract a

lot of people who do feel like outsiders in their own life," she said. "You end up being in these environments where you're working for a few days with someone from Sweden, someone from Texas, someone from Australia and you form friendships very quickly and learn about each other's life stories very quickly, and then you sometimes never see each other again, or you see each other again in a year."

"It's a very tight bond that you get with these girls because we're in such an interesting, weird world together."

THE CANADIAN PRESS

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Monday, May 12, 2014

# Celebrating a profession

**Achievements.** Nurses use their experience and knowledge to achieve better health for all of us

JANE DOUCET  
For Metro

In Canada, National Nursing Week was first officially celebrated in 1985 to highlight nurses' contributions to the well-being of Canadians.

The international celebration of nurses and their many areas of practice is held the second week of May, this year from May 12-18.

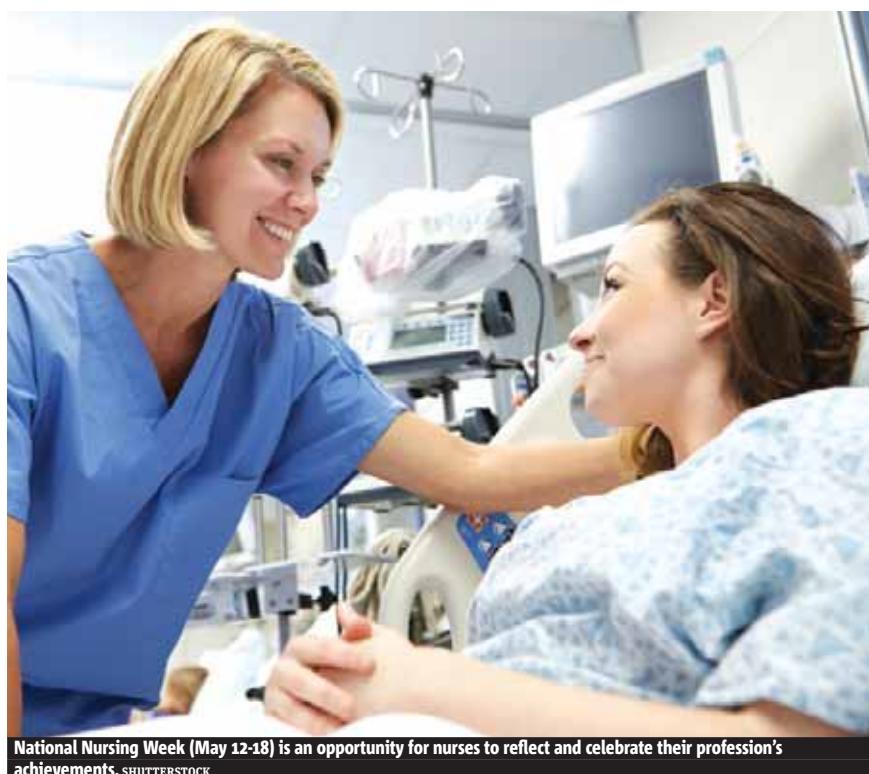
"National Nursing Week is an opportunity for nurses to reflect and celebrate their profession's achievements," said Barbara Mildon, the president

of the Canadian Nurses Association. "We stop and think about what we do to help patients."

The theme of this year's National Nursing Week is Nursing: A Leading Force for Change. According to Mildon, it's about nursing leadership in better health at all stages of their careers.

"Nurses use experience and knowledge to achieve better health for Canadians," she said.

This comprises the 300,000 registered nurses in our country, along with all of myriad other types of nurses, includ-



**National Nursing Week (May 12-18) is an opportunity for nurses to reflect and celebrate their profession's achievements.** SHUTTERSTOCK

ing licensed practical nurses and nurse practitioners.

There are two challenging issues facing nurses today. The first has to do with recruiting more nurses, then working to retain them so they don't leave the country to work elsewhere and they don't leave nursing altogether after a few years.

"We want to keep our nurses in Canada and in the profession," Mildon said.

The second issue has to do with the increasing number of

Canada's vulnerable patient populations, especially seniors and First Nations groups. Seniors are living longer, which means they are dealing with chronic diseases and dementia, which, in many cases, requires more complex care and treatment.

First Nations' peoples may be facing poor nutrition, addiction and suicide. Poverty may be an issue for both groups, which can lead to a decline in physical and mental health.

"For these Canadians, we'll be advocating for an increase in community care and home care," Mildon said.

Although nursing comes with many challenges, Mildon advocates that it's a wonderful career choice in which you can make a real difference in people's lives. And there are so many areas of nursing to pursue.

"Nursing careers are so diverse and there are lots of opportunities to do so many interesting things."

**Sharing is caring through social media**

The Ottawa Hospital is using social media to provide its nursing community access to information and access to each other.

TOH Nurses, the hospital's social media campaign for nurses, integrates Facebook, Twitter, Pinterest and Instagram pages and hosts live tweets and tweet chats. It serves as one of the communication tools to nurses across three campuses and numerous satellite sites.

"We're able to engage really great discussions online," said Jennifer Jackson, adviser for the Centre for Nursing Excellence and the social media facilitator.

All the tools are valuable for sharing information, and everyone can share their knowledge, she said. Also, while traditional medical journals are still important sources, social media provides access to information that is new and continuously being generated.

The innovative social media campaign — among the first hospital-based, nurse-focused, open access media campaigns anywhere — attracted more than 1,000 subscribers in the first four months, engaging the nursing community at the hospital and across Canada and the U.S.

The campaign is open to the public (facebook/toh/nurses), said Maggie Kennedy, who works in the nursing professional practice department at the hospital and helped develop TOH Nurses.

"In this way, it provides both accountability to patients and gives nursing a positive 'public face,' which contradicts some of the negative images of nurses in current culture."

For example, the Instagram page provides every nurse with an opportunity to be the face of TOH Nurses. Usually, there is a limit to two or three pictures per page in printed publications. But social media allows for a limitless number of pictures so every nurse can be recognized.

YLVIA VAN BUUREN

## Feedback. Take a moment to thank your nurse

If you have been fortunate enough to have been cared for by a nurse who made you feel like you were safe and in good hands, you already appreciate nurses. If you have yet to encounter such an experience, National Nursing Week (May 12-18) is the perfect time to think about the important roles nurses play in our health-care system.

"When people understand the work of nurses, appreciation follows," said Barbara Mildon, the president of the Canadian Nurses Association.

According to Mildon, nurses get great satisfaction from the feedback they receive from patients and their families — their input may help enhance the way they provide future care. And there is nothing nicer than hearing someone express their gratitude.

"A simple thank you is more than enough," she said.

Some people might send a heartfelt thank you card or drop off a bouquet of flowers for the nursing station, while others might deliver gift baskets or gift cards.



**Nurses get great satisfaction from the feedback they receive from patients and their families.** SHUTTERSTOCK

### Power of nursing

**"The connection of that woman to the nurse was still strong after all those years. That's the power of nursing."**

Barbara Mildon, the president of the Canadian Nurses Association

husband, who was dying from cancer. The nurse had helped both the man and his wife prepare for the peaceful death he was able to have at home.

"The connection of that woman to the nurse was still strong after all those years," Mildon said. "That's the power of nursing."

During National Nursing Week, why not take a moment to thank a nurse you know or to encourage a young person who is thinking about becoming a nurse.

"We need nurses to be there when we need them," Mildon said.

JANE DOUCET

took Mildon on a tour of the facility, was a former registered nurse who had worked in the area.

As Mildon and the director walked through the front doors, an elderly woman spotted the director.

"Her face lit up like a Christmas tree," Mildon said. "Then she came over to give the director a hug."

It turned out that when the director was a home-care nurse a decade earlier, she had cared for the woman's

# Dalhousie-Educated Nurses

## Ready for the Challenge of a Changing Health Care Environment

**By Laura Hynes Jenkins**

As Nova Scotia prepares to confront the health challenges of a rapidly aging population, an obesity epidemic and the turmoil of major health system reform, nurses are conscientiously working to ensure they have the skills needed to respond. Today's nurses have immense professional responsibility, are central components of health-care teams and make significant contributions to health research.

Across the province, nurses are stepping up and showing the flexibility and initiative to respond to the needs of Nova Scotians. Nurse practitioners are providing primary care in community settings, hospitals and continuing care facilities. Registered nurses are working alongside paramedics to provide overnight emergency service in rural Collaborative Emergency Centres. Nurse researchers are making significant contributions to our understanding of pain and pain expression, maternal and infant care, and the health workforce.

"It's our job as educators and researchers to ensure that nurses have the necessary knowledge and skills to succeed in an evolving environment," says Dr. Kathleen MacMillan, the director of the Dalhousie School of Nursing, which



Registered Nurses in the Dalhousie public health nursing post graduate certificate course visit the Halifax dockyards on a site visit in 1967.

celebrates its 65th anniversary this year.

### A history of shaping the nursing profession

For more than six decades, the Dalhousie School of Nursing has been educating nurses and championing the professionalization and advancement of the field. From the school's first days, committed faculty have stayed at the forefront of health care advancements and prioritized the education of nursing professionals who can meet the needs of the health-care system.

As it celebrates its 65th anniversary this year, the school has been publishing a collection of on line profiles of alumni

(65 Inspiring Minds) who've made significant contributions to their field and the health-care system.

"It's been inspiring to see what our alumni have accomplished and how far they have pushed the nursing profession," says Sonja MacDonald, a fourth year nursing student. "As someone just starting a nursing career, it's exciting to see the impact Dalhousie nurses have had here in Halifax, but also nationally and globally."

### Looking ahead

In October, the school will cap off its anniversary activities with an academic forum called Wicked leadership for wicked times:

Exploring leadership and human capital strategies for the complex world of contemporary health care. With an accomplished panel of guest presenters, the forum is sure to draw health professionals from across the region and ignite a dialogue that can frame the way nursing evolves into the future.

"We're bringing

together some of the most accomplished voices in health care to talk about the future," says Dr. MacMillan. "After 65 years, we know how crucial high quality nursing is to the health care system and we're looking ahead with the goal of educating the healers, leaders and change agents who will help define tomorrow's health care."

For more information on nursing education, research, 65 Inspiring Minds, and the upcoming forum, please visit [dal.ca/nursing](http://dal.ca/nursing).

Laura Hynes Jenkins is Communications, Marketing and Alumni Officer, Faculty of Health Professions, Dalhousie University. She can be reached at: [laura.hynes.jenkins@dal.ca](mailto:laura.hynes.jenkins@dal.ca)



Carol Ritchie, Senior Instructor at Dalhousie's Clinical Learning & Simulation Centre and undergraduate nursing student, Ateka Yagjoubi, in a critical care demonstration with the school's new high fidelity simulator.



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# RPN role has evolved



RPNs look after less complex patients with predictable outcomes. SHUTTERSTOCK

**Aiding.** Advancing learning allows RPNs to bring more knowledge into workforce

YLVIA VAN BUUREN  
For Metro

When Christine Peacock graduated more than 30 years ago as a registered nursing assistant (RNA), her job consisted of assisting patients with activities of daily living such as bathing, eating, and helping them get up.

"If there were any patient concerns, you went to your RN or charge nurse for help," said Peacock, a longtime employee of the Niagara Health System in St. Catharines, Ont.

Not anymore. Patient care is so different today because both categories of nurses have evolved in the level of knowledge they bring to the workplace, said Dianne Martin, executive director of the Registered Practical Nurses Association of Ontario.

RPNs (registered practical

nurses) and RNs (registered nurses) have much more in-depth education requirements and knowledge, she said. While they both study from the same body of nursing knowledge, RNs obtain a four-year bachelor's degree in nursing (and greater depth and breadth of foundational knowledge) while RPNs go to school for two years and receive a diploma.

In the workplace, RNs, in general, look after the more complex patients who have less predictable outcomes. RPNs look after less complex patients who have a little bit more predictable path of care. A PSW (personal support worker) often provides daily living support.

"More RPNs working to their full scope of practice means RNs will be freed up to care for more complex patients," said Sharleen Stewart, president of SEIU Healthcare, the health-care union representing RPNs in Ontario.

As an example, Peacock, now an RPN, is responsible for the care of her assigned patients including the assessment, delivering medications, and the treatment outcome.

## Continuing education a must for nurses

Quoted

"It's part of provincial requirements for nurses to keep their licences that they will be lifelong learners."

Cynthia Baker, executive director of the Canadian Association of Schools of Nursing

so nurses can keep working while they are studying

The purpose of ongoing professional development is to deepen skills and knowledge in a particular area of nursing in order to enhance patient care. With advances in medical research, what might have been deemed a "best practice" in treatment and care a few years ago may no longer be considered to be so today.

At the upcoming national nursing conference in Halifax later this month, nursing educators will be discussing the changing needs of Canadians. **JANE DOUCET**



## NATIONAL NURSING WEEK 2014

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LPNs and CCAs and CUPE work collaboratively to protect our Medicare system and to advocate for everyone's ability to access health services of the highest quality in acute care, long term and community care when they need them.

As we mark National Nursing Week 2014, May 12 – 18, we acknowledge the hard work and dedication of the thousands of women and men who do this important work here in Nova Scotia.

A message from CUPE Nova Scotia

**CUPE**



## Practical nurse puts things in perspective

**On the floor.** Everyone stepped up: Kelly Brew



Kelly Brew CONTRIBUTED

"When we first came into nursing, the RNs (registered nurses) really loved us because we did all the bedside care such as keeping the patient and the room clean, making sure they ate properly, and teaching them to get in and out of bed and to walk. That freed up the RNs' time to make sure things were done properly and medications were monitored and administered properly."

Everything is different now, said Kelly Brew, a registered practical nurse (RPN) at Westpark Healthcare Centre, a rehabilitation centre in Toronto. She has worked with patients who are recovering from major events such as an accident, stroke and brain injuries for the last 12 years.

Brew graduated in 1992 as an RNA (registered nursing assistant), then went back to school in the late '90s to upgrade and earn the RPN designation.

As an RPN, Brew has a bigger picture of the patient and does the assessment, treatment and follow-up.

"This depth of knowledge is so beneficial to the patient."

The changes in responsibility have understandably caused challenges in the workplace. As the RPN education increased, RNs and RPNs started to overlap some of their responsibilities. Even though they were complementary to each other, there

### Health care or accounting?

Eleven years ago Kelly Brew took a break from nursing and worked in collections in an accounting department. "Often I talked to people on the phone who were 'losing their minds' over money. I'd think — it's just money, not life or death." Brew ended up going back to nursing because, "I get to do something that really matters."

was some conflict because of the crossover.

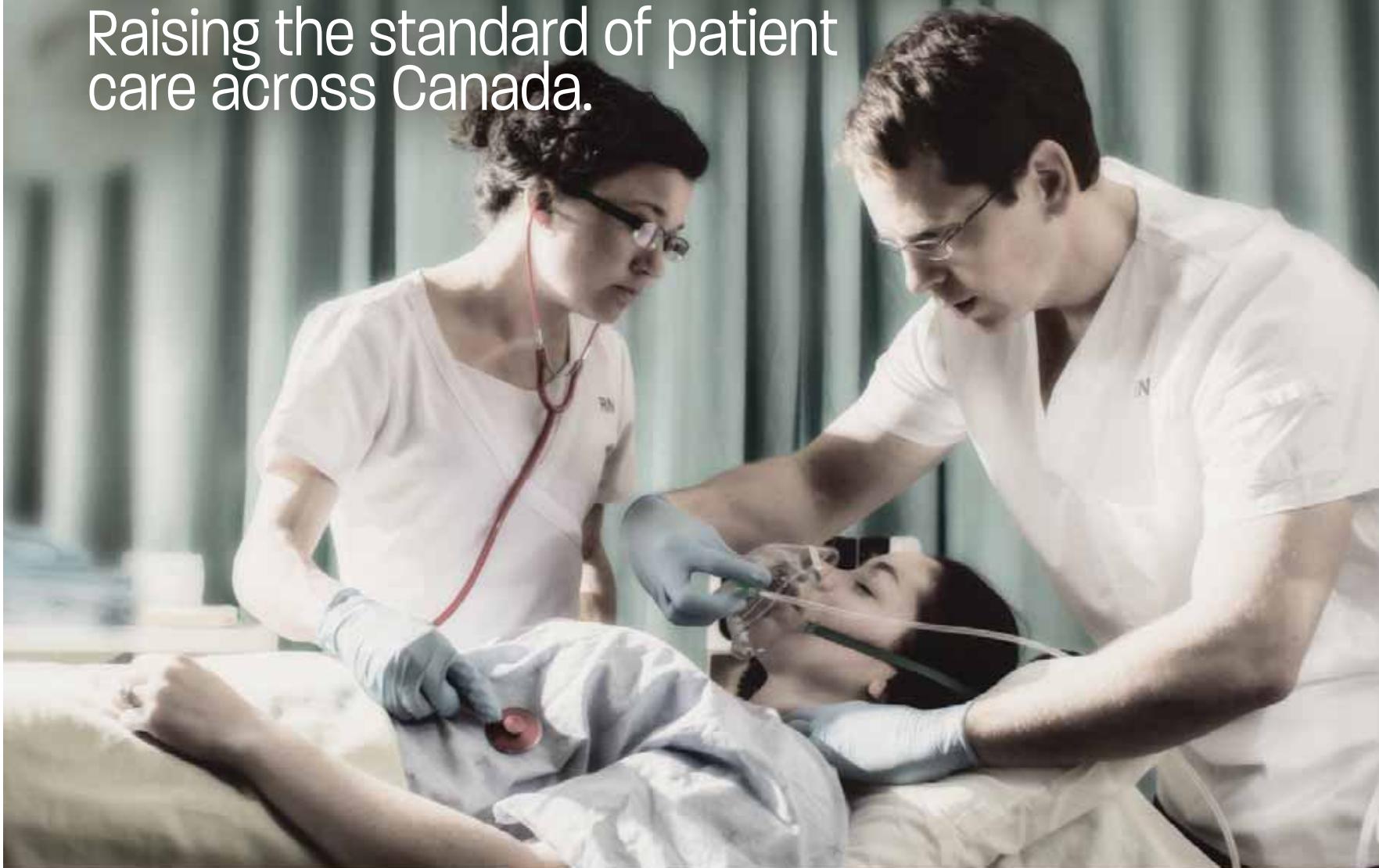
Brew says it's important to have harmony among health-care workers in the workplace and suggests the employer can help set the tone.

"Role clarification and re-education is integral to co-operation. A vision statement centred on patient outcomes keeps people paddling in the same direction towards a common goal, which is patients' health."

YLVIA VAN BUUREN/FOR METRO

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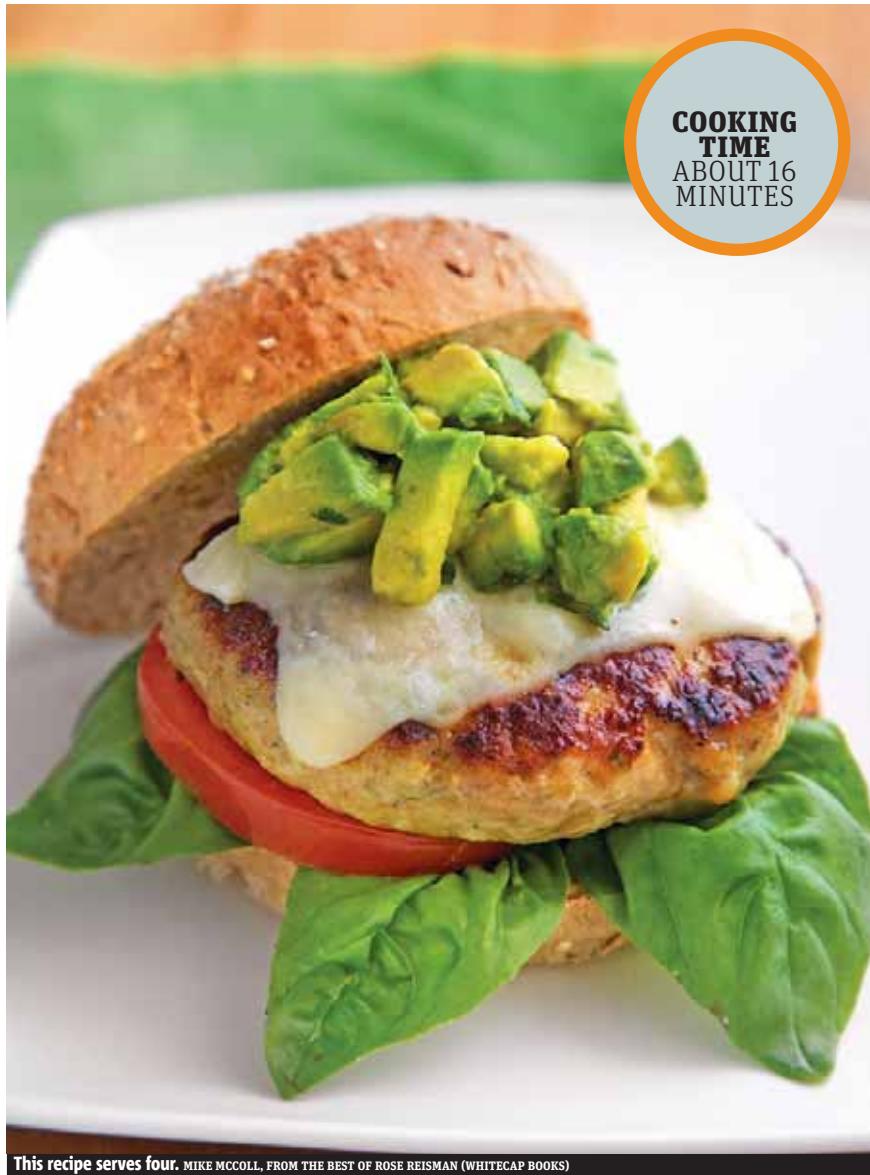


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# Grilled Chicken Pesto Burger: Give this summertime fave some California love



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

**COOKING  
TIME**  
ABOUT 16  
MINUTES

**Grilling Week.** Victoria Day officially launches barbecue season. Let Metro help kick it off with a week's worth of ideas for outdoor dining



**ROSE REISMAN**  
For more, visit  
[rosereisman.com](http://rosereisman.com) or  
follow her on twitter  
[@rosereisman](https://twitter.com/roseresisman)

Come May Long Weekend, barbecue season will be in full swing. For my part, I love cooking up a great tasting burger.

In recent years we've been warned about ingesting excess amount of beef, so my go-to burger is a lean chicken patty, which screams "California cuisine" thanks to its lovely presentation and fresh approach. Just to compare, a ground 4 ounce beef burger will have close to double the calories and fat of a ground white chicken burger.

There's nothing better than a homemade burger, which gives you control of everything you're adding.

I like to buy a combination of both white and dark ground chicken, but you can use just white if you don't have both on hand.

The great flavour of this burger comes from the secret ingredient — pesto — which is added right to the meat.

I like to make my own pesto when basil is in season and freeze it in small containers for use all year. You can visit [rosereisman.com](http://rosereisman.com) for pesto recipes. You can

## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

also use store-bought pesto, but keep in mind that they tend to have excess oil, making them much higher in calories and fat.

The toppings of cheeses, avocado and tomatoes make this dish a winner.

You can prepare these burgers up to a day in advance. Simply cook them just before serving.

### Directions

- Combine the ground chicken, egg, seasoned bread

#### Ingredients

- 1 lb ground white and dark ground chicken
- 1 egg
- 1/3 cup seasoned dry bread crumbs
- 2 tbsp pesto sauce
- 2 tsp crushed garlic
- 3 tbsp minced green onions
- pinch of salt and pepper
- 4 thin slices Monterey Jack or aged cheddar cheese (about 1 oz)
- 4 multi-grain burger buns
- 1/4 cup diced avocado
- 4 slices ripe tomatoes
- 8 basil leaves (optional)

#### Nutritional information

##### Per serving

- Calories. 304
- Carbohydrates. 3.5 g
- Fibre. 6 g
- Protein. 23.7 g
- Total fat. 20.8 g
- Saturated fat. 7.6 g
- Cholesterol. 100 mg
- Sodium. 361 mg

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NHL playoffs

## Thornton hosed for squirting water at Subban

Boston Bruins forward Shawn Thornton said Sunday he won't contest a fine of more than \$2,800 for squirting water from the bench at Montreal Canadiens defenceman P.K. Subban in the final minute of Game 5 of the Eastern Conference semifinals.

"I obviously got caught up in the moment," Thornton said on an off-day at the TD Garden. "I'm sorry that this silly incident kind of overshadowed how my teammates played and the great win and how good this series has been."

Boston won the game 4-2 and took a 3-2 lead in the series.

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Players Championship

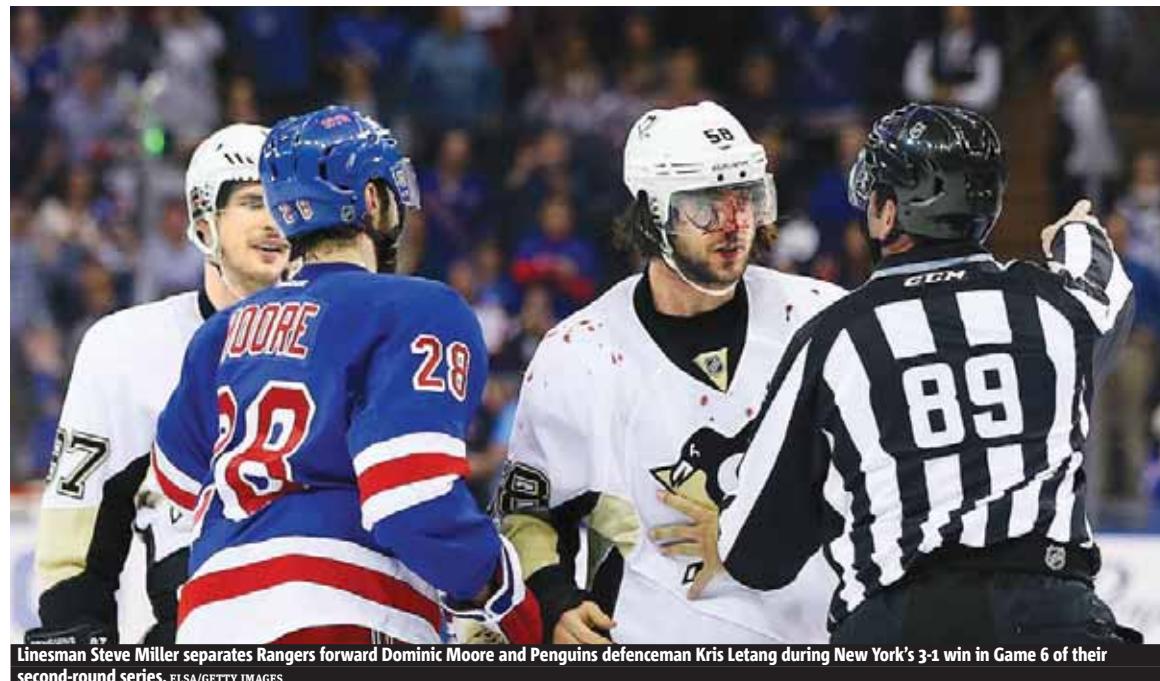
## Kaymer holds on to win at Sawgrass

Martin Kaymer produced one of the most unlikely pars on the 17th green at the TPC Sawgrass without ever going in the water. It carried him to a one-shot victory Sunday in The Players Championship that was emotional in so many ways.

Kaymer nearly blew a three-shot lead after a 90-minute rain delay until he holed a 30-foot par putt on the famous island green. He got up-and-down with his putter from short of the 18th green for one last par and a 1-under 71.

Jim Furyk closed with a 66 and had to settle for a runner-up finish for the second straight week.

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Linesman Steve Miller separates Rangers forward Dominic Moore and Penguins defenceman Kris Letang during New York's 3-1 win in Game 6 of their second-round series. ELSA/GETTY IMAGES

# Pens dealt another blow by Rangers

**NHL playoffs.** St. Louis' emotional goal helps N.Y. avoid elimination

If Martin St. Louis wasn't a fan favourite during his first two months with the New York Rangers, he certainly became one during a very emotional weekend.

St. Louis came to New York in March in a deal in which popular team captain Ryan Callahan was shipped to Tampa Bay. When he didn't light up the scoreboard right away, the



Madison Square Garden crowd was slow to warm to him.

That all changed Sunday night.

Three days after the sudden death of his mother, St. Louis scored 3:34 in, and the Rangers avoided elimination for the

second straight game by beating the Pittsburgh Penguins 3-1.

Game 7 of the Eastern Conference semifinal series is Tuesday in Pittsburgh. New York advanced in the first round with a Game 7 win over Philadelphia.

St. Louis rejoined his teammates for Game 5 in Pittsburgh on Friday, after a quick trip to Montreal to be with his family. That dedication inspired his teammates during a 5-1 win and carried over to Sunday.

"It's probably one of the cooler things I've been a part of in my professional career,"

**Blackhawks vs. Wild**

Jonathan Toews had a rebound goal early in the third period, and the Chicago Blackhawks beat the Minnesota Wild 2-1 on Sunday night to take a 3-2 series lead in the Western Conference semifinals.

said Derek Stepan, who earned the first assist on St. Louis's goal. "The emotion on that goal is something that I will never forget."

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# Sam: Feeling like the first pick of the draft

**NFL.** St. Louis Rams select gay football player 249th overall out of 256 selections

Michael Sam waited and waited. Hours passed, rounds came and went, and eventually, there were only eight more picks left on the third and final day of the NFL draft.

For just a moment, it looked as if his chance of being picked by a pro team and becoming the league's first openly gay player might take a detour. Or at least be delayed.

The call finally came Saturday from the St. Louis Rams, the team right down the road from where Sam played his college ball at the University of Missouri.

Sam was selected in the seventh and final round and admitted it was a frustrating wait. He



Michael Sam cries as he talks on a mobile phone after he was selected in the seventh round by the St. Louis Rams on Saturday. ESPN/THE ASSOCIATED PRESS

said teams that passed on him chickened out and he should have been drafted sooner.

"From last season alone, I should've been in the first three rounds. SEC Defensive Player of

the Year, All-American," Sam said. He stopped short of directly saying his stock dropped in the draft because he came out.

"You know what, who knows? Who knows? Only the

people who sit in the war room know," he said. "They saw Michael Sam, day after day they scratched it off the board. That was their loss. But St. Louis kept me on that board. And you know what? I feel like I'm a (Jadeveon) Clowney, a first draft pick. I'm proud of where I am now."

Sam came out as gay in media interviews earlier this year. His team and coaches knew his secret and kept it for his final college season. He went on to have the best year of his career: He was the co-defensive player of the year in the NCAA's best football conference and had 11.5 sacks.

When Mike Kensil, the NFL's vice-president of game operations, walked to the podium and said: "The St. Louis Rams select ... Michael Sam ..." the fans gave a hearty cheer, chanting "Yes! Yes! Yes!" and "Michael Sam!"

THE ASSOCIATED PRESS



## Jays tripping over Angels

The Angels' Howie Kendrick dives into third base, knocking down the Blue Jays' Juan Francisco in Toronto on Sunday. Hank Conger homered and drove in a career-high five runs to power the Los Angeles to a 9-3 win. The Angels will look to complete a four-game sweep of the Jays on Monday night. FRANK GUNN/THE CANADIAN PRESS



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# Unlikely hero helps Clippers climb out of hole vs. Thunder

**NBA playoffs.** L.A. ties up series at 2-2 after Darren Collison steps up in the 4th

After being thoroughly outplayed for over 40 minutes, the Los Angeles Clippers fought back.

Leading the way was a player not known for coming up big in the clutch.

Darren Collison scored eight of his 18 points in the final 2:58, rallying the Clippers past the Oklahoma City Thunder 101-99 on Sunday to tie the Western Conference semifinal series 2-2.

"Even though we didn't play well throughout the game, we were able to get a win," Collison said. "That feels more impressive than anything we did."

Russell Westbrook, who scored 27 points, missed a three-pointer and Serge Ibaka's tip attempt was too late at the buzzer, allowing the Clippers to salvage a game they trailed until the final 1:23.

"It was a good look," Westbrook said. "Just didn't go in."

Blake Griffin led Los Angeles with 25 points, making 9 of 11 free throws. Jamal Crawford added 18 points. DeAndre Jor-



Darren Collison of the Clippers drives to the basket against the Thunder in Game 4 of their playoff series on Sunday in Los Angeles. The Clippers won 101-99. STEPHEN DUNN/GETTY IMAGES

dan had 14 rebounds, helping the Clippers win the boards, 45-43 — the first time in 11 playoff games the Thunder were outrebounded.

"We just willed this one. We found a way," said Chris Paul.

Game 5 is Tuesday night in Oklahoma City.

THE ASSOCIATED PRESS

## Premier League

### Liverpool falls short despite win

With their title dreams extinguished, Liverpool's players circled the pitch inside Anfield Stadium, heads bowed, to the backdrop of another passionately sung rendition of club anthem "You'll Never Walk Alone."

The final match of the Reds' season could have been a celebration of the most unlikely championship triumph in Premier League history.

It ended up being a tale of what might have been.

Liverpool came up short Sunday in its bid for a first league title in 24 years, finishing two points behind champion Manchester City despite a come-from-behind 2-1 win over Newcastle.

THE ASSOCIATED PRESS

### Premier League. Man. City earns 2nd title in 3 years after dominant season

Manchester City won the Premier League for the second time in three seasons on Sunday, completing its campaign with a comfortable 2-0 victory over West Ham that lacked any of the drama of its previous title.

Unlike the stoppage-time comeback required in the 2012 title decider, goals either side of halftime by Samir Nasri and Vincent Kompany provided a more serene end to what had been an exhilarating season.

"You can't repeat what happened last time," City goalkeeper Joe Hart said. "This year, we've really come on strong at the end when we needed to."

Two years ago, City won the title on goal difference ahead of neighbour Manchester United after coming from behind to



Manchester City captain Vincent Kompany celebrates with his team. RUI VIEIRA/THE ASSOCIATED PRESS

beat Queens Park Rangers on the final day. Sunday's victory, though, meant Liverpool's 2-1 win over Newcastle at Anfield was meaningless as City finished two points above the Merseyside club.

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Horoscopes

**Aries**

March 21 - April 20

Rivals seem to know what you are doing, even when you are not sure. That puts you at a disadvantage. Either be more secretive or find ways to tap in more effectively to what's going on around you.

**Taurus**

April 21 - May 21

Be true and resist temptation to cut corners merely because no one can stop you. This is a great time for group activities and it will be even better if you are all working together on the same ethical level.

**Gemini**

May 22 - June 21

With Mercury, your ruler, linked to ambitious Mars as the new week begins, there is no reason why you should not reach the top of the tree in your chosen career. Yes, you do have what it takes.

**Cancer**

June 22 - July 23

Trust your instincts and keep on trusting them even when the powers that be say you've got it all wrong. Listen to what your inner voice is trying to say and then act on what it tells you. You don't need any other advice.

**Leo**

July 24 - Aug. 23

Something you have kept secret for a long time will come to the surface over the next few days. In a way it will be a relief as you will no longer have to play games and pretend to be who and what you know you are not.

**Virgo**

Aug. 24 - Sept. 23

Don't try to keep your thoughts to yourself today because loved ones will be able to read on your face what it is you are hiding. Be honest about what is going on in your head and your heart.

**Libra**

Sept. 24 - Oct. 23

Some things may seem funny to you but not everyone will laugh at your jokes today. Most likely it's because they resent you being the centre of attention all the time. That's too bad — the limelight is there to be hogged.

**Scorpio**

Oct. 24 - Nov. 22

This is a positive and potentially passionate time for you but to make the most of it you have got to be more outgoing. Let those you are attracted to know that you are interested — don't leave them guessing.

**Sagittarius**

Nov. 23 - Dec. 21

Try not to come on too strong when debating with others. You may have all the best opinions and the facts and figures are certainly on your side but make allowances for those who don't share your passion for the truth.

**Capricorn**

Dec. 22 - Jan. 20

You seem amazingly open at the moment, which is great. But watch out you don't let slip information that it might be sensible to keep to yourself. You don't have to tell everyone about everything.

**Aquarius**

Jan. 21 - Feb. 19

If you are looking for ways to make money you will come up with plenty of ideas over the next 24 hours. The only danger is you may do nothing with them. One good idea acted on is better than a dozen that just sit there.

**Pisces**

Feb. 20 - March 20

You will be more inclined than usual to take risks. So long as they are calculated risks that's fine — you will come to no harm and could even make money — but if you act recklessly the fall could be spectacular. **SALLY BROMPTON**

Up-to-date scores

Canada

TOP 5

1 **178 points**, Saudah - Toronto

2 **157 points**, Brad - Ottawa

3 **155 points**, Niramay - Toronto

4 **155 points**, Samir - Toronto

5 **147 points**, Ritik - Vancouver

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Crossword: Canada Across and Down



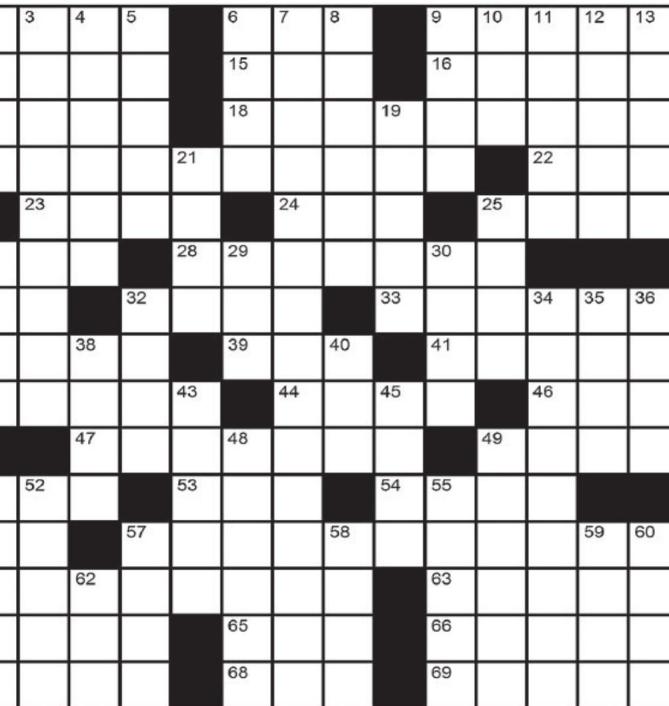
See today's answers at metronews.ca/answers.  
BY KELLY ANN BUCHANAN

Across

1. Ottawa's 'Parliaments', e.g.
6. Canadian broadcaster Erica
9. Mark \_\_\_ ('Shark' on ABC's "Shark Tank")
14. Off-white
15. PBS funding org.
16. Repent
17. \_\_\_ closet
18. British band, The \_\_\_ (See #7-Down for more!)
20. William and Harry's dad, one day: 2 wds.
22. Meshwork
23. Title in Turkey [var. sp]
24. Israel: \_\_\_ Aviv
25. Tidying target
26. Pouches
28. Montreal-born actress Rachelle
31. 'Smell'-meaning prefix
32. Mr. Bridges
33. Dodges
37. Important exam
39. "Unpretty" group
41. Inference
42. 'The New Classic' Australian artist Iggy
44. Retreat
46. Vintage record label
47. \_\_\_ Annie" (1933) starring Canadian actress Marie Dressler
49. Acme
50. Inventor, Thomas \_\_\_ Edison
53. Lumox

Down

7. H \_\_\_ T \_\_\_ A \_\_\_ P \_\_\_ T
10. A \_\_\_ P \_\_\_ T
11. T \_\_\_ A I
12. T \_\_\_ A I
13. A D H E R E E
14. M A R A T H O N
15. C R E D I T
16. C R A W F O R D
17. T O R I
18. N A S H A P S E
19. I P A N E M A H A I R
20. N A S H A P S E
21. M O M E N T
22. F A I T A M O M E N T
23. C O L L I N S S E R E R
24. A L A R T O T E A R A L E
25. R A M P S N E W C A S T L E
26. T Y P E R S S E R U M
27. A S A S R E G A L I A
28. V I E S R E N D
29. C L U E L E S S T A K E T O
30. C I D O U I S W E E Z E R
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97. 126
98. 127
99. 128
100. 129



54. \_\_\_ Hall: "Harper Valley P.T.A." song-writer
55. Baby bear
56. US auditing agcy.
57. \_\_\_ (Like green rocks)
58. Stephen \_\_\_ Bank of Canada governor
59. Utah's capital [acronym]
60. Harmonization, briefly
61. Instrument for Canadian musician Walter Ostanek
62. Chooses Down
63. Thwart
64. Canadian actress

3. Iroquoian Chief of Stadacona (Present-day Quebec City)
4. Musician Mr. Allman's
5. Harmonization, briefly
6. One-named singer
7. Song by #18-Across that goes "She's been gone such a long time...": 4 wds.
8. Actress Ms. Matlin
9. Bus alternatives
10. \_\_\_ possidetis (As you possess, at law)
11. 'Sea' suffix (Carried by the ocean)
12. South American mountains
13. Soarer's structures
19. Inquire

21. Healthy
25. Honey drink
26. Furniture piece
27. NBC's "Parks and Recreation" star Mr. Ansari
29. Dine
30. Campsite visitor, e.g.
32. Cordon \_\_\_ (Great chef)
34. British Columbia: Sparwood attraction 'Terex Titan' is a gigantic what?: 2 wds.
35. "Behold!" to Brutus
36. Classic record label
38. Edmonton's prov.
40. Motorists org.
43. Be kind, Do \_\_\_ turn
45. Be not-nice, Stick
48. ABCs
49. Joni Mitchell song that goes "The drone of flying engines..."
50. Audibly amazed
51. 'Milk'-meaning prefix
52. Singer's helper, \_\_\_ Coach
55. Blatant
57. "I'm Yours" singer Jason
58. "Squawk Box" network
59. Ms. Brickell, Paul Simon's wife
60. Shelters
62. Lennon's love

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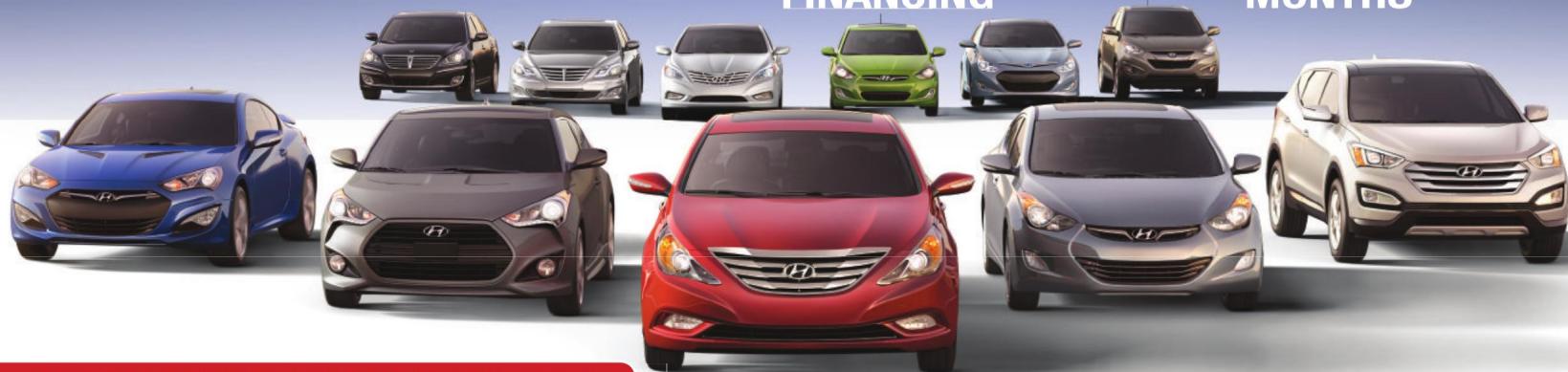
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